

LESSON PLAN

Unit 9. HEALTHY LIFESTYLES

X-XXX-XXX2 Rev B

Topic 9.1 Healthy Lifestyles (Nutrition)

CLASS PERIODS: 1

LAB PERIODS: 0

Enabling Objectives:

- 26.1 **IDENTIFY** the benefits of Physical Fitness to include, the Navy's Physical Readiness Program in accordance with the Navy Physical Readiness Program, OPNAVINST 6110.1E
- 26.2 **IDENTIFY** the importance of Nutrition in a Healthy Lifestyle in accordance with the Navy Physical Readiness Program, OPNAVINST 6110.1E

Trainee Preparation Materials:

A. Trainee Support Materials:

1. None

B. Reference Publications:

1. None

Instructor Preparation:

A. Review Assigned Trainee Material

B. Reference Publications:

1. Navy Physical Readiness Program, OPNAVINST 6110.1E

C. Training Materials Required:

1. Transparencies
 - a. 5 A Day, 9-1-6
 - b. Exercise, 9-1-2
 - c. Food Choices, 9-1-3
 - d. Food Guide Pyramid, 9-1-5
 - e. Healthy Lifestyles, 9-1-1
 - f. Heart Disease, 9-1-4
 - g. Summary, 9-1-7

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Topic 9.1 Healthy Lifestyles (Nutrition)

DISCUSSION POINT

1. Introduction

2. Healthy Lifestyles

a. Physical Fitness

RELATED INSTRUCTOR ACTIVITY

1. Establish Contact.

Write name on VAP board.

Introduce Yourself.

Developing a healthy lifestyle is an integral part of a productive Navy career. Mental and physical well-being prepare us for successful accomplishment of the tasks at hand. This ultimately affects the missions of the command and the Navy. In this lesson, we will discuss the Physical Readiness Program and basic nutrition.

State Lesson Objectives.

2. Show Transparency 9-1-1, Healthy Lifestyles.

a. Reference Navy Physical Readiness Program, OPNAVINST 6110.1E.

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DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (1) Helps reduce excess body fat, monitor fitness, muscular strength, endurance, flexibility, and mental health.
- (2) Navy Physical Readiness Program, OPNAVINST 6110.1E.
 - (a) Provides policy and guidance in implementing the program.
 - (b) Establishes Navy standards for physical fitness.
- (3) All Naval personnel must meet and maintain physical fitness in accordance with Navy Physical Readiness Program, OPNAVINST 6110.1E.
 - (a) You will be required to meet weight/body fat standards prior to transfer and throughout your Naval career.

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DISCUSSION POINT

- (b) Body fat is measured when personnel exceed height/weight standards. The maximum allowable body fat percentage for males is 22% and for females is 33%.
- (c) Physical readiness testing is conducted twice annually within your command.
- (d) The test consists of 1.5 mile run/swim, sit-ups, push-ups and sit/reach.
- (e) Standards are based upon age and sex.
- (f) Grade received is based on performance: OUTSTANDING, EXCELLENT, GOOD, SATISFACTORY or FAILURE.
- (g) Failure to meet standards may result in separation from the Navy.

RELATED INSTRUCTOR ACTIVITY

- (g) Discuss the results of PRT failure and the remedial program.

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DISCUSSION POINT

NOTE: PRT SCORE CAN AFFECT
PERFORMANCE EVALUATIONS AND
ULTIMATELY ADVANCEMENT
OPPORTUNITIES.

RELATED INSTRUCTOR ACTIVITY

- (4) All Navy personnel are required to perform physical training three times a week to maintain physical fitness which should include, but not be limited to; aerobic conditioning such as running or swimming.

- (a) Some commands provide organized physical training programs while others leave physical training options up to the individual.

- (4) Show Transparency 9-1-2, Exercise.

3. Nutrition

- a. Good nutrition is not only vital to an individual's physical and mental well-being, but has a major impact on keeping Sailors healthy and mission ready.

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DISCUSSION POINT

- (1) Rating your food choices
 - (a) Too much fat, sugar, salt or just plain too much are watch-words of an unwise diet, especially in light of the nation's major health problems.
 - (b) How does your diet measure up in terms of these undesirable ingredients? If your diet consists of whole milk, donuts, sugar-coated cereals and heavily marbled fatty beef, your total diet is probably too high in fat, salt, or sugar to be healthy for you.
 - (c) What can you do about it? For starters, learn some of the terms involved with good nutrition.
- (2) Getting to know the terms

RELATED INSTRUCTOR ACTIVITY

- (1) Show Transparency 9-1-3, Food Choices.

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Topic 9.1 Healthy Lifestyles (Nutrition)

DISCUSSION POINT

- (a) Calories - represent units of energy or body "fuel" provided by carbohydrates, fats, protein, and alcohol.
 - 1) Fats provide 9 calories per gram
 - 2) Alcohol provides 7 calories per gram
 - 3) Protein provides 4 calories per gram
 - 4) Carbohydrates provide 4 calories per gram
 - 5) The number of calories you need depends primarily on your age, body size, activity, and rate of growth

RELATED INSTRUCTOR ACTIVITY

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DISCUSSION POINT

- (b) Carbohydrates - your body's most efficient energy source and helps the body use other nutrients. They are seen in the form of sugars and starches.
- (c) Proteins - provide your body with the materials it needs to grow, replace worn body tissues, fight infection, manufacture hormones and enzymes, and digest foods.
- (d) Vitamins - are as vital to your body as sparkplugs to a car. Without them, you would be unable to use the basic nutrients of protein, carbohydrates, and fats that fuel all body processes.
- (e) Minerals - are necessary for healthy development of bones and teeth, for carrying oxygen to your cells, and for muscle tone. They also help vitamins work effectively.

RELATED INSTRUCTOR ACTIVITY

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DISCUSSION POINT

- (f) Fats - provide the most concentrated source of energy, supply essential fatty acids, and enable you to absorb certain vitamins.

- (g) Cholesterol - is a waxy substance, related to fats, which are present in foods of animal origin and are also manufactured by your body.

NOTE: TOO MUCH SATURATED FAT
AND CHOLESTEROL IN YOUR DIET
ARE CONTRIBUTING FACTORS IN THE
DEVELOPMENT OF HEART DISEASE.

- (h) Hydrogenated fats - are polyunsaturated liquid oils which have been chemically converted into more saturated solid fats such as shortening or margarine.

- (3) The Food Guide Pyramid serves as a daily serving guide

RELATED INSTRUCTOR ACTIVITY

- (g) Show Transparency 9-1-4, Heart Disease.

- (3) Show Transparency 9-1-5, Food Guide Pyramid.

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DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|---|
| <ul style="list-style-type: none">(a) Vegetables - 3 to 5 servings for vitamins, fiber and carbohydrates.
(b) Grains - 6 to 11 servings a day. For vitamins, iron, fiber, and carbohydrates.
(c) Dairy products - 2 to 3 daily servings for adults and children. For calcium, protein, and vitamins.

(4) 5 A Day The Navy Way

(a) Eat at least 5 servings of fruits and vegetables daily for better health.

(b) It's as easy as adding a glass of 100% fruit or vegetable juice to breakfast, having a side salad for lunch, a vegetable or fruit as a snack during the day, and having two vegetables at dinner instead of just one = 5 A Day. | <ul style="list-style-type: none">(4) Show Transparency 9-1-6, 5 A Day. |
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DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

(c) One serving side is defined as:

- 1) 1 medium fruit of 1/2 cup of small or cut up fruit
- 2) 3/4 cup (6 oz) 100% fruit or vegetable juice
- 3) 1/4 cup dried fruit (raisins, apricots, dates)
- 4) 1/2 cup raw or cooked vegetables
- 5) 1 cup raw, leafy vegetables (spinach, lettuce)
- 6) 1/2 cup cooked beans or peas (lentils, pinto beans, chick peas, kidney beans)

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DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

(5) The Healthy Way To Live

- (a) When it comes to food, how much we eat is as important as the variety and quality of our diets.
- (b) Excessive body fat is a major health problem in the United States.
- (c) If we have too much body fat, we increase our chances of developing high blood pressure, heart disease, diabetes, respiratory infections, gall bladder disease, and possibly some forms of cancer.
- (d) Too much body fat also puts extra strain on muscles and joints.

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DISCUSSION POINT

- (e) Understand that what you weigh is a simple matter of choices: you take them in through food, burn them up through activity, and you gain weight when you take in more calories than you use.
- (f) Talk to your physician about the type and amount of exercise that is most appropriate for your age and physical condition.

RELATED INSTRUCTOR ACTIVITY

4. Summary

a. Physical Fitness

b. Nutrition

5. Assignment

a. None

4. Show Transparency 9-1-7, Summary.

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DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

6. Evaluation

a. None